

# JULY

## RECIPE

**Quinoa Chicken Salad:** Quinoa is a kid-friendly, quick-cooking healthy grain that is high in protein. This salad meal is perfect for summer when you would rather pick up a deli-made rotisserie chicken than turn on the oven. Grilled chicken also works well in this dish. Serves 4.

### Ingredients:

- 1 cup quinoa, rinsed, drained (don't skip this step – if not rinsed, quinoa will taste bitter)
- 2 cups water (or chicken broth)
- 1 1/2 cups seedless red grapes
- 6 cups mixed greens
- 3 cups boneless, skinless cooked chicken meat
- Your favorite salad dressing
- Salt and black pepper to taste

**Directions:** Place quinoa and water (or broth) in a medium-sized saucepan over medium-high heat and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes or until liquid is absorbed. Remove from heat, uncover, and set aside to cool while you prepare the rest of the dish.



Cut each grape in half and add to a large mixing bowl. Chop chicken into bite-sized pieces and combine with grapes.

Add quinoa and toss to combine. Drizzle with your favorite salad dressing and toss again.

Evenly divide salad greens among four salad plates or bowls. Mound quinoa chicken salad in the center and drizzle with more dressing, if desired.

“ I wanted to support my loved ones and friends who also got this calendar, so instead of giving them cookies and homemade candy during the holidays, I bought a beautiful variety of apples and made a low-calorie caramel dip. It was a hit! ”

Lynette, Twin Falls

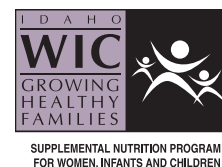
SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04 Independence Day
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### Did you know it's...

National Therapeutic Recreation Week – July 12-18,  
Eye Injury Prevention Month,  
Juvenile Arthritis Awareness Month



**Start your day with a smoothie:** Spoon a cup of low-fat yogurt, some frozen berries, 100% fruit juice, and banana in a blender. Add a quarter cup of powdered nonfat milk for a satisfying meal that is full of calcium – more than half of what you need for the day.



## Healthy Life Tip

- Put SPF 15 sunscreen or higher on 20 minutes before going outside (ask your pediatrician for sun protection advice for babies under 6 months). Seek shade whenever possible and limit time in the sun – especially between 10 a.m. and 4 p.m.
- Wear sun-protective clothing when exposed to sunlight, such as a lightweight long-sleeve shirt, long pants, and wide-brim sun hat.
- Wear sunglasses.
- Children need real sunglasses with UVA/UVB protection.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE